

Versa Diverging Seated Row

VS-S34

For a more comfortable, more efficient way to focus on major back muscles, choose our Versa Diverging Seated Row station. Independent cable movement provides a smooth, user-defined path of motion and excellent exercise variety. An adjustable chest pad accommodates users of all sizes, while rotating grips and ergonomic hand positioning maximize comfort on every rep.

- Independent cable movement provides a user-defined path of motion & exercise variety
- Adjustable chest pad accommodates users of all sizes
- Rotating grips provide maximal comfort and ergonomic hand positioning throughout range of motion
- Incremental weight



ADJUSTMENTS	
USER ADJUSTMENT RANGE	Adjustable Chest Pad & Adjustable Seat
COLOR CODED PIVOTS & POINTS OF ADJUSTMENT	Yes

FRAME & CABLES	
FRAME FINISH	Proprietary two-coat powder process
MACHINE ANCHORING	Machine anchoring locations
FRAME COLOR	Iced Silver
CABLE TRANSMISSION	Internally lubricated cables & fittings

TECH SPECS	
OVERALL DIMENSIONS (L X W X H)	137.8 x 99.4 x 167.1 cm / 54.2" x 39.1" x 65.8"
REP COUNTER MACHINE USAGE TRACKING	Service mode tracks total machine reps and hours of use
REP COUNTER BATTERY LIFE	Approximately 3 years
REP COUNTER POWER SUPPLY	2 AA batteries
PRODUCT WEIGHT (STANDARD STACK)	214 kg / 471 lbs.
PRODUCT WEIGHT (HEAVY STACK)	246 kg / 541 lbs.

USER AMENITIES	
FRONT PLACARDS	Muscle call outs, machine specific stretching, start & finish exercise illustrations, proper machine movements
PLACARD COLOR CODING	Yellow (upper body)
REAR PLACARDS	Color-coded machine identification & machine specific stretching
PERSONAL STORAGE	Bottle holder, storage area and towel holder (Towel Holder on Rep Counter Only)
REP COUNTER	Electronic counter displays reps, exercise time and rest time & provides towel holder hook
CONTOURED SEAT	Yes

WEIGHT STACK	
TOTAL STACK WEIGHT	Heavy: 230 lbs (104 kg), Standard: 160 lbs (72 kg)
CONSISTENT STACK HEIGHT	Yes
WEIGHT STACK GUARDING	Full front and rear shields
WEIGHT PLATE INCREMENTS	Heavy: 15 lbs (6.8 kg) & 10 lbs (4.5 kg), Standard: 10 lbs (4.5 kg)
INCREMENTAL WEIGHT SYSTEM	5 lbs (2.3 kg)